Mood Disorders

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SHOUT
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Clinical features of depressive disorders

Appearance:

- Neglected dress and grooming
- Facial features
- Reduced rate of blinking
- Reduced gestural movements
- Downwards gaze, head inclined forwards

Speech:

- Poverty of speech
- Hesitancy

Mood:

Subjectively and objectively depressed

Thoughts:

Morbid thoughts

-Concerned with the past, present and future

1-Poverty of thought

2-Suicide

Psychotic features of depression:

1-Delusions:

-Delusions of guilt, poverty, hypochondriacal

2-Hallucinations

-Second person auditory hallucinations

Cognition:

- Impaired attention and concentration
- Poor memory

Other psychiatric symptoms:

- Phobic symptoms
- Obsessional symptoms
- Hysterical symptoms
- Hypochondriacal preoccupations
- Depersonalization

Sleep problems associated with MDD:

- Multiple awakenings

- Initial and terminal insomnia

- Rapid eye movement(REM)(decrease in 3rd & 4th stage)

- Hypersomnia

Types and features of depressive disorders

1-Melancholic *(40-60% of hospitalized)*

Anhedonia, early morning awakenings, psychomotor disturbance, excessive guilt & anorexia

2-Atypical

Reactive mood, Hypersomia, hyperphagia, leaden paralysis & hypersensitive to interpersonal rejection

3-Catatonic

Catalypsy, purposeless motor activity, extreme negativism or mutism, bizarre postures & echolalia

4-Psychotic *(10-25% of hospitalized)*

With dilusions and hallucinations

Bipolar disorder:

Disorder characterized by **episodes of mania and depression.**

-Lifetime prevalence 1%(Bipolar I), 0.5%(Bipolar II)

<u>Two types of Bipolar disorders:</u>

- Bipolar I (traditionally known as **Manic Depression**)**:**

Patients have episodes of both mania & depression.

- Bipolar II:

Patients have episodes of both hypomania (i.e.,elavated mood not as sever as mania) + depression.

If there has been a full manic episode even in the past
*Dx is not ~~Bipolar II~~, but **Bipolar I***

DSM-IV criteria of mania

A period of abnormally and persistent elevated, irritable mood lasting at least one week

including at least three of the following:

1- **D**istractibility
2- **I**nsomnia
3- **G**randiosity & inflated self esteem

4- **F**light of Ideas or racing thoughts
5- **A**ctivity & agitation (Goal directed)
6- **S**peech ↑ (pressured)
7- **T**houghtlessness

Clinical manifestation of Mania:

Appearance and behaviour

- Clothing - bright colors
- Untidy and disheveled appearance
- Overactivity ➔ physical exhaustion
- Reckless behaviour

Speech

- Pressure of speech = over talkativeness

Mood

- Euphoria (infectious), or irritability and anger
- Brief episodes of depression

Thought

- Expansive ideas
- Pressure of thought
- Flight of ideas

Psychotic features of mania

- Delusions: grandiosity, persecutory or of reference
- Hallucinations: 2nd person auditory hallucination

Insight

Dysthymic disorders

Patient with this disorder have **chronic** , mild depression most of the time with no discrete episode

- insidious onset
- less severe than MDD (no suicidal thoughts , psychosis)
- lifetime prevalence 6%
- women > men

DSM–IV criteria :

1- Depressed mood for at least 2 years (in child 1 year)

2- At least 2 of : **CHASES**

- Poor **C**oncentration or difficulty making decision
- Feelings of **H**opelessness
- Poor **A**ppetite or overeating
- In**S**omnia or hypersomnia
- Low **E**nergy or fatigue
- Low **S**elf-esteem

3- During the 2 year period :

- Never asymptomatic for > 2 months
- No major depressive episode

Cyclothymic disorders

Less severe disorders than bipolar II (mild depression bipolar II disorder)

- Lifetime prevalence < 1%
- Onset usually age 15-25
- Males and females are equal
- May respond to lithium

DSM-IV criteria

1- Numerous periods of hypomania and periods of mild depression at least 2 years

2- Never asymptomatic for > 2 months during last 2 years

3- No history of major depressive or manic episode

Prognosis

MDD is a self-limiting disorder usually lasting 6-12 months, relapse 50% in the 1st 2 years and 15% eventually commit suicide

Bipolar Disorder is also self-limiting each lasts approximately 3 months, chronic with relapses, (only 7% complete remission)

patients with MDD and bipolar disorder usually are mentally healthy between episodes, and as the disease progresses episodes may occur more frequently

Bipolar disoder has worse Px than MMD as only 50-60% experience improvement of Symptoms with lithium treatment

Depression can be a fatal disease

- Most people who commit suicide are depressed

- Suicide is the second leading cause of death in adolescents

- Suicide among those with depressive disorders can exceed 15%

- Firearms are the most frequent method used in completed suicides

- 75% of people with depression can be successfully treated